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SUGGESTED MENUS AND RECIPES
FOR USING ABUNDANT, SEASONAL FOODS IN SCHOOL LUNCHES

A number of requests have been received for suggestions on the use of foods in seasonal abundance in School Lunch programs. In response to these requests, some suggested menus and recipes are given on the following pages to assist School Lunch sponsors and lunchroom managers in using eggs, potatoes, and cabbage. These three foods are plentiful in most areas at the present time.

In certain sections there will be other foods which are abundant and unrationed. Citrus fruits are among these and should be included in the menus as often as possible. Canned green and wax beans are also plentiful and point free. They should help considerably in planning meals at this season when fresh foods are sometimes difficult to obtain.

The menus which follow are built around the regionally abundant foods - eggs, potatoes, and cabbage. All menus meet minimum requirements for the Type A lunch; other foods may be added if desired. To use the menus for a Type B lunch, the number of eggs served could be reduced to one-half of an egg per child, and the quantity of vegetables served reduced to one-half cup. It is doubtful if any school will want to serve these menus on successive days, since they are built around the same foods. If necessary, however, this could be done without too much monotony, because of the variety in the recipes.

Recipes are given only for those dishes which are starred (*). Recipes for all other dishes are to be found in the printed bulletin, School Lunch Recipes (U. S. Department of Agriculture, Miscellaneous Publication No. 537), on the pages referred to. If you have not yet received a copy of the printed recipe bulletin, you may obtain one from the State Supervisor, War Food Administration, Office of Distribution, in your state by writing to the address given on the last page of this bulletin.

The recipes and menus are offered as suggestions only. It is hoped that you will find them helpful in making use of foods which are plentiful at the present time and which are especially important in meeting the nutritive needs of children.

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SUGGESTED MENUS

Scrambled Eggs*
Steamed Potatoes
Slaw.....Page 35
Whole Wheat Biscuits.....Page 28
Butter or Fortified Margarine
Milk

Potato Salad with Hard Cooked Eggs*
(at least one egg per child)
Carrot-Cabbage Salad....(Use recipe page 35
Corn Bread for apple & cabbage
Butter or Fortified Margarine salad substituting
Milk (carrots for apples)

Creamed Cabbage.....Page 24
Steamed Potatoes
Whole Wheat Muffins.....Page 27
Butter or Fortified Margarine
Custard*- Oatmeal Cookies..Page 43
(The protein requirement is in the custard. This meal would be
reimbursable for only 7¢ unless milk to drink is added.)

Scalloped Eggs and Potatoes*..Page 22
Slaw.....Page 35
Corn Sticks.....Page 29
Butter or Fortified Margarine
Milk

Stuffed Eggs*
Buttered Cabbage
Mashed Potatoes
Corn Bread.....Page 29
Butter or Fortified Margarine
Milk

Potato Soup....Page 32
Egg Sandwiches..Page 29
SlawPage 35
Milk

EGG RECIPESScrambled Eggs
(50 servings)

50 eggs
 3 cups evaporated milk / 1 cup water
 OR 4 cups fresh whole milk
 Penner
 1 cup fat

Beat eggs. Add milk, water and seasonings. Heat fat in frying pan. As soon as it bubbles, pour in the egg mixture. Cook slowly, stirring occasionally, until eggs are firm but not hard. To keep scrambled eggs very soft and tender, cook over boiling water.

Scalloped Eggs

Use recipe for Creamed Eggs. Pour into greased baking pan, cover with buttered crumbs and brown in a moderate oven (350° F.)

Stuffed Eggs
(50 servings)

50 hard cooked eggs
 1-1/2 cups Cooked Salad Dressing
 1-1/2 teaspoons salt

Cut eggs in half lengthwise. Remove yolks and mash, adding salad dressing and salt. Fill halved whites with yolk mixture.

Scalloped Potatoes and Eggs

Use recipe on page 22 in School Lunch Recipes, but boil the potatoes first, then peel and slice thin. Use one or more hard cooked eggs for each serving. Put layers of potatoes and sliced eggs in baking dish following directions in recipe. Increase the amount of salt.

This will not take so long to cook. The top may be covered with buttered crumbs if desired.

Potato Salad with Eggs

Use recipe on page 34 in School Lunch Recipes for cold salad. Add one or more eggs for each serving. Increase the amount of salt and salad dressing. The celery may be used if available, or it may be omitted.

Hard Cooked Eggs

Put required number of eggs in a large pan of cold water. Heat slowly to simmering point but do not allow to boil. Keep at simmering temperature for 30 to 40 minutes. Chill in cold water before removing shells.

Baked Custard

(50 two-third cup servings)

50 eggs
3 cups sugar (1-1/2 pounds)
1-1/2 teaspoon salt
3 quarts evaporated milk / 3 quarts boiling water
OR 6 quarts whole fresh milk
1 tablespoon vanilla
1 teaspoon nutmeg

Beat eggs. Add sugar, salt and milk. Beat well, then add vanilla and water if used. Pour into custard cups rinsed in cold water. Set cups in pan half filled with hot water. Bake in a moderate oven (350° F.) until firm or until an inserted knife comes out clean.

SOFT CUSTARD: Beat eggs. Add sugar, salt and milk, beat well, then add water if used. Cook over boiling water until custard coats a metal spoon, stirring constantly. Remove from fire at once, add vanilla and cool.

CARAMEL CUSTARD: Increase the sugar to 4-1/2 cups (2 1/4 lbs.). Caramelize sugar and dissolve caramel in the boiling water. Beat eggs, add milk, caramel syrup and flavoring. Then proceed as for Baked or Soft Custard.

SOME OTHER SUGGESTIONS FOR USING EGGS IN SCHOOL LUNCHES

EGG SALAD - - - - - Alone or with vegetables

SWISS EGGS - - - - - Scrambled in Tomato Sauce

EGGS SCRAMBLED WITH CHEESE - - Add grated or finely diced cheese to beaten eggs before cooking

EGGS WITH MACARONI - - Put sliced hard cooked eggs, cooked macaroni and white sauce in a baking pan in layers. Cover with bread crumbs and bake. Cheese may be used.

SUGGESTIONS FOR USING CABBAGE

Since raw cabbage has much more food value than cooked cabbage, it is best to serve it raw as often as possible. A large percent of school children are found to be lacking in Vitamin C; therefore, the raw cabbage is particularly valuable. Raw cabbage has even more Vitamin C than citrus fruit or tomatoes.

In order to retain full food value, the cabbage should not be cut until just before serving. It should not be allowed to soak in water. A sharp knife should be used, as a dull blade bruises the cabbage and causes more vitamin loss.

When cabbage is cooked it should be cooked for a very short time, using a small amount of boiling water.

Cabbage Salads

Slaw

Wedges of raw cabbage served with or without salad dressing

Cabbage and Carrot

Cabbage and Celery

Cabbage and Apple

Cabbage added to potato salad

Cabbage, green sweet pepper and onions

Any combination of these and/or with other salad greens.

Cooked Cabbage

Cook cabbage quickly in a small amount of boiling salted water. Season with meat drippings, butter or fortified margarine.

Creamed Cabbage

Add thoroughly cooked white sauce to quickly cooked cabbage.

Scalloped Cabbage

Put quickly cooked cabbage, white sauce and bread crumbs in baking pan. Brown lightly.

Panned Cabbage

Heat meat drippings in frying pan. Add shredded cabbage and salt. Cook for a very few minutes. Stir while cooking.

SUGGESTIONS FOR USING POTATOES

Most of the mineral and vitamin content of potatoes is near the skin. For this reason potatoes should be cooked in their skins as frequently as possible. If potatoes are to be peeled, they should be peeled just before cooking. They should not be allowed to soak before cooking and they should be served as quickly as possible after cooking.

From a standpoint of food value mashing or whipping is the poorest way potatoes can be prepared. This method may be used occasionally for variety but should be avoided most of the time.

Potatoes can be cooked in hundreds of ways. There are so many different ways which are practical for school lunch that potatoes could be served every day without being too monotonous. Some of the best of the simple methods are:

Steaming in their jackets.

Baking (if variety and oven space make this practical)

Scalloped

Steamed whole and served with butter or fortified margarine

Creamed (not whipped). Cook in their jackets, skin, dice, and add white sauce.

Potato Soup

Potato Salad - endless variations of potato salad. A very simple one is to cook in the skins, cool, peel, dice, and add chopped onion and cooked salad dressing.

Fried - Use either raw or cooked potatoes. Slice, brown slowly in a little fat. If raw potatoes are used, they should be covered and allowed to steam a little while as they are fried.

Potato Chowders - Cook diced potatoes with white sauce, diced salt pork and any other combination of vegetable desired such as carrots, corn or peas.

The addresses of the State Supervisors, Office of Distribution, War Food Administration, are as follows:

409 First National Bank Building	Post Office Box 101
Montgomery 4, Alabama	Jackson 102, Mississippi

812 Bisbee Building	1013 Raleigh Building
Jacksonville 2, Florida	Raleigh, North Carolina

204 Collier Building	1401 Hampton Street
175 Peachtree Street, N. E.	Columbia 29, South Carolina
Atlanta 3, Georgia	

455 McClelland Building	402 Warner Building
Lexington 3, Kentucky	Nashville 3, Tennessee
	203 North Jefferson Street
	Richmond 20, Virginia